

How to Connect With Your Heart



Whether you're a hipster looking for the best coffee shops, or an entrepreneur looking for a new business idea, your heart can lead you to the path your soul wants.

The heart is brilliant, which means you can rely on it for the best guidance to your highest good, health, wealth and happiness.

Make sure you write out your most important questions before you start!

The Steps:

- Relax in an open stance – don't touch your stomach or your throat
- Hold your head high
- Make sure your shoulders are relaxed, back and down
- Put your feet on the floor
- Breathe from your belly
- Focus on your breath for a minute
- AFTER you spend a minute focusing on your breath, put your hands on your heart
- Feel the energy of the heart and consciously create a connection from your hands to your heart
- Relax into the connection
- Ask your question
- Observe and record the answer – all thoughts, feelings and sensations
- Translate using the guidelines in the PDF – warm for yes, cool for no, etc
- If you have MORE questions, make sure to take a few breaths and focus on the heart connection in between each question
- Relax and take action once you feel complete!